



U OF R REPORT

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Excellence is part of the job

Teamwork is not something Don Larson takes lightly. The foreman of the U of R's five-person labour crew learned in his former life as an ironworker that teamwork is absolutely crucial, "because in many cases, you're entrusting your life with others."

Larson and his team are often on the frontline of campus projects, from moving offices to installing large pieces of research equipment. He's been with the labour crew for 10 years, and is one of the two recipients of the 2006 Award for Excellence in Administrative and Support Services.

The award recognizes outstanding service to the University by members of the administrative and support staff. Two awards are made annually: one to a member of the Administrative, Professional and Technical (APT) group, and one to a member of the Canadian Union of Public Employees (CUPE), Local 1975.

Larson maintains that the award should be shared with his team because "you're only as good as the people who work for you."



Arnold James (L) and Don Larson are recipients of the 2006 Award for Excellence in Administrative and Support Services.

"It's all pretty humbling. I don't think anybody ever goes to work hoping to get an award. You do your job and you get some thanks, and that's reward enough," he says.

Larson joins Physical Plant colleague Arnold James, manager of custodial services, in

receiving the award. James has worked in more parts of the U of R than any employee in the history of the University over his 40 years of employment here. He started as a student in the Faculty of Education in 1965, and later that fall he took up a part-time position as a

clerk in the Education Library, "when I found out I was broke."

He continued to study while he worked and convocated in 1976 with a bachelor of education degree. Over the years he taught several classes in outdoor education as a sessional and spent 10 years

teaching in the faculty's Off-Campus Residential Experience (OCRE) program.

When James started his first job at the U of R, the main campus consisted of only the Lab and Classroom Buildings. After 12 different jobs, he now manages a staff of 80 – more than any other administrative manager.

Both James and Larson have, or have had, children studying at the U of R. James even met his wife here. He observes that the biggest challenges and rewards of the job are one and the same:

"The biggest rewards? There's no doubt about it, it's the people. And the biggest challenge is the people."

Larson echoes that sentiment.

"Our job is basically a customer oriented business. We have all kinds of clients internally and externally. Keeping people happy comes first and foremost."

Yet despite the challenges, after four decades, James feels a little possessive about the place.

"I look upon it as 'my University.'"

Study helps ease anxiety of waiting for surgery

With long surgical waiting lists almost a permanent fixture in healthcare, Heather Hadjistavropoulos thinks it's time to face facts.

"The review of the data suggests it's going to take a long time to reduce or eliminate waiting lists. I think waiting lists are a reality and we need to focus on helping people cope with them," says Hadjistavropoulos, a clinical psychologist and researcher whose work deals with anxiety related to health and healthcare experiences. With the focus on reducing and eliminating surgical wait times, the psychological needs of those in line can be

overlooked. Hadjistavropoulos and graduate student Amy Janzen are working on a study that will provide support for people coping with the anxiety of waiting for surgery. The study is part of Janzen's master's thesis and the work is one of the projects Hadjistavropoulos has undertaken as a President's Scholar for 2005-07. Those include looking at continuity of care and the anxiety that comes with moving a patient within the system or to a new location, and studying anxiety in seniors who, as they age, experience more health conditions and have more contact with the system and opportu-

nity for health anxiety. Hadjistavropoulos says health anxiety can range from minor to extreme. It can be intrusive and uncomfortable and can interfere with quality of life. People may worry about their symptoms and whether they can cope with them. Their behaviour may change if they spend too much time worrying about their health, and potentially it can become an obsession, she says.

The goal of Janzen's study is to provide support for those coping specifically with the anxiety of waiting. The study is open to anyone over the age of 50 waiting for any surgical

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Amy Janzen (L) and Heather Hadjistavropoulos are studying the anxiety of waiting for surgery.

Passion for language and debate inspires scholarship



Writ Large

Delephine Gall
Aboriginal & Diversity
Consultant
Human Resources

Employment equity, diversity and representative workforce... what do they all mean? Who are aboriginal people and what's the politically correct terminology one should use? Do all aboriginal people pay taxes? Why is there emphasis on aboriginal employment?

If you have ever had any questions about aboriginal people you won't want to miss the upcoming aboriginal awareness training, Discovering Knowledge...Sharing a Path. This program will be offered to all University of Regina employees beginning in November.

Discovering Knowledge...Sharing a Path is intended to provide knowledge of aboriginal history and culture in order to reduce and eliminate negative stereotypes of aboriginal people. The goal is to ensure an open and welcoming work environment that not only benefits aboriginal employees and all employees of the University but helps us better understand the needs of our aboriginal students.

Discovering Knowledge...Sharing a Path provides background information on the cultural beliefs and teachings of First Nations and Métis people as well as some of the historical implications of the Indian Act and treaties. It provides current demographic information regarding aboriginal people and defines the May 1999 Aboriginal Partnership Agreement between the University of Regina and the Saskatchewan Department of First Nations and Métis Relations.

An important part of the cultural component of Discovering Knowledge...Sharing a Path is that an aboriginal Elder will be present to provide a personal perspective on their life, teachings and cultural information. The Elder will stay for the entire session to answer questions from the participants and we will be following traditional practices such as presenting tobacco to enable this participation.

For those of you who don't know, Elders are an integral part of the aboriginal community. Elders hold the knowledge of their communities, most have the ability to speak their own languages, and they are active and knowledgeable in their culture, customs and traditions. Most importantly, Elders are willing to share their wisdom "in a good way."

Elders are not defined by age but are selected by their community to teach their knowledge. It is important to note that Elders, like other teachers, have their own areas of expertise.

Discovering Knowledge...Sharing a Path sessions are a half-day in length and will accommodate 30 participants. Discovering Knowledge...Sharing a Path is designed to be fun, educational and thought provoking but it is also intended to be a safe place for participants to get questions answered in an open and non-judgmental environment. Discovering Knowledge...Sharing a Path is one of many initiatives that make up the University of Regina's aboriginal employment strategy.

Please watch for more information on Discovering Knowledge...Sharing a Path, be prepared to sign up when the opportunity arises and enjoy this informative training initiative.

Writ Large is written by campus leaders and is intended to challenge readers to engage with and learn about the various 'parts' that make up the wider University of Regina community and connect us to the world. If you have a topic suggestion for Writ Large, please e-mail communications@uregina.ca and include your contact information. Please put "U of R Report" in the e-mail subject line.

Jacqui Shumiatcher knows a scholarship supporting English graduate students is a fitting tribute to her late husband, Morris, who was an accomplished writer and active debater.

"He was passionate about the English language and he was like that until the end. He loved it. He loved the law of course too, but his first love was the language. And I thought that would be a nice way to remember him by – his passion."

A committed philanthropist and U of R honorary degree recipient, Shumiatcher has donated \$225,000 to the Building Dreams and Futures campaign to establish the Dr. Morris C. Shumiatcher Graduate Fellowship in English.

This fellowship will support master's students and PhD English candidates with preference given to those involved in University debate competitions.

In the past, the Shumiatchers have made generous donations to the University and federated colleges, including support of a theatre at the University of Regina and contributions to the capital campaign for the First Nations University of Canada.

This continued support stems from a profound commitment to the work of the institution.

"To me, the University of Regina is like an extended family, for they are enthusiastic, always willing to help in whatever manner they can. It is that feeling of camaraderie, yet professionalism that appeals to me. The work that is being undertaken at the University is very worthwhile and adds much to the life of this city and this province and even beyond. I only wish I could do more."



Jacqui Shumiatcher has donated \$225,000 in support of English graduate students.

For English department head Cameron Louis the donation is a tremendous asset for both the University and students.

"It's certainly a very welcomed gift especially because financial assistance for graduate students these days is extremely competitive," said Louis.

"Most universities are offering substantial amounts to graduate students who are qualified to register in their graduate programs and this will certainly help us a great deal to attract and retain superior students in our MA programs."

According to the vice-president of External

Relations, Barbara Pollock, the donation will expand the benefits of the Building Dreams and Futures campaign.

"One of our major priorities is a fund to support students with scholarships and bursaries and it is in extremely good shape," said Pollock.

"Donors have been very generous. This donation makes a significant impact on our efforts to raise and hopefully exceed the \$7.5 million target we have."

For more information about donating to Building Dreams and Futures visit the campaign website at www.uregina.ca/campaign/ or call toll-free 1-877-779-4723.

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procedure. After an initial 45-minute interview, participants will be randomly assigned to one of two groups. One group receives a general booklet about what to do while waiting for surgery, including contact information, general health questions and answers, and advice on how to learn more about their surgery. The second group receives the same book-

let plus a self-help booklet to cope with waiting and anxiety. It deals with identifying emotions, setting life goals, general stress management, social support, and identifying and addressing counterproductive thinking. After six weeks, the questionnaire is repeated with each group to determine if the anxiety level has changed. The control group will also receive the self-help booklet.

Hadjistavropoulos encourages anyone waiting for surgery to participate.

"You don't have to be extremely anxious and overwhelmed to benefit from this. Even people with mild anxiety will benefit; even if they're coping well, they'll find extra tips and support," she says. To take part in the study, email Janzen at janzen2j@uregina.ca or call 585-5369.

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Art and science share a seat on the bus

The University continued its work in pushing the boundaries of art and technology with the recent launch of Time Transit, an interactive art installation that will run for four to six weeks using global positioning system (GPS) technology, public transit and cameras at six stops along the city's #4 bus route (Walsh Acres/Hillsdale).

By viewing four monitors installed on the Time Transit bus on the route, passengers can now see both the location they boarded from and their future destination.

It is designed by TRILabs and U of R resident artist Kim Morgan, and funded by TRILabs, a grant from the University's Centre for Sustainable Communities (CSC), and the Saskatchewan Arts Board.

The Time Transit project is a follow-up initiative of the City of Regina's 2004 Art at Work project, which placed 10 Regina-based artists in non-traditional enterprises in an effort to spur creativity in the workplace.



Software systems engineering student Laura Wiley (L) with artist Kim Morgan in front of the Time Transit bus.

"Time Transit introduces public art that goes beyond traditional form and function," said Morgan, during the project's launch on Sept 26.

"It is time-based and it is transient. It uses both the virtual and physical space for people to navigate and connect. It addresses issues in regards to the effects of technology on our daily activity, our percep-

tion of time and space and the shifting between the private and public space."

As an additional feature, each of the monitors has scrolling text.

As the bus moves through its destinations GPS technology prompts the monitors to display messages people can send via the Time Transit website (www.timetransit.com), their cell phones or BlackBerries.

The GPS component also has the added benefit of giving passengers the ability to see where their bus is, in real time, en route.

"Time Transit is created using new technology, technology that is complex, sometimes fickle and sometimes quite expensive," said Morgan.

"In order for this project to be realized we needed tal-

ented people, new equipment and the funding to get this."

According to Morgan, CSC grant money was essential to the project, allowing it to hire students from engineering, computer science and fine arts to bring the technology out of the laboratory and into the public sphere.

For Sustainable Communities director Jon Gillies, Time Transit proved to be an excellent opportunity for the centre to become involved in a specialized project that combined both science and art for the benefit of society.

Practical purposes for this technology include improved transit service for passengers, potential advertising opportunities, and applications in the tourism sector in terms information-based tours.

"This is one of the things that is unique about the centre, the fact that we support the entire University faculty in their activities as they look at various aspects of sustainability. It's an interdisciplinary approach and it's really important that we provide these opportunities."

Programs open door to the world

In a world where nations, economies and cultures are increasingly interconnected, the University of Regina is working to open the doors to international learning experiences for our students.

"Knowledge and resources are connecting all over the planet as never before, and we want to prepare students who are able to understand global issues," says Alain Boutet, director of the University's Office of International Co-operation and Development.

Several international exchanges are available to U of R students. For example, the National Student Exchange (NSE) program has agreements with 175 colleges and universities across the United States and in parts of Canada. The Student Exchange Program (SEP) offers exchanges in Europe, Asia, Australia and Latin America, while the north2north program features exchanges with universities in circumpolar countries.

To encourage more student participation in international learning programs, President Robert Hawkins recently announced the University will provide up to \$1,000 per stu-

dent to help defray travel costs of students participating in an approved exchange program.

"There is growing demand for this kind of experiential learning whether it is study abroad, practicum, internships, co-op placements or study tours. Our partner institutions in Asia, Europe and South America want more student exchanges because they also understand it's vital to prepare their students to be global citizens," says Boutet, who is also team teaching in the new cross-disciplinary International Studies program. The program, which started this fall, has five streams – European, Asian, or Latin American studies, international politics and international development – and offers the possibility of studying abroad.

The Hands on China program is another option among the many international learning experiences available to U of R students. The month-long study tour was first offered in May 2005 as part of a credit course.

"Because it's difficult to send students who don't know Chinese to study for a semester, study tours for



Marion Jones (L) and Dongyan Blachford introduced students to China in a month-long study tour.

groups of students are a more effective option," says Boutet.

Professor of economics Marion Jones and Dongyan Blachford, associate dean of external relations in the Faculty of Arts, taught the course and accompanied students on the first tour, venturing into little-known minority regions of China, and to Tibet. Blachford, whose first language is Chinese, also served as translator.

Political science graduate student Andrea Wilson found the trip invaluable to her studies, even though it was her third trip to China.

"We got to see a lot of places you wouldn't normally have access to, and the faculty members used their networks to get us interviews with local movers and shakers," Wilson says.

Undergrad Annette Polasek had a similar reaction after participating in the 2006 study tour, a joint effort by the Faculty of Arts and the Faculty of Business Administration.

"I gained a deeper understanding of a culture that is rich in tradition, and got a glimpse of how the Chinese people conduct business," says Polasek.

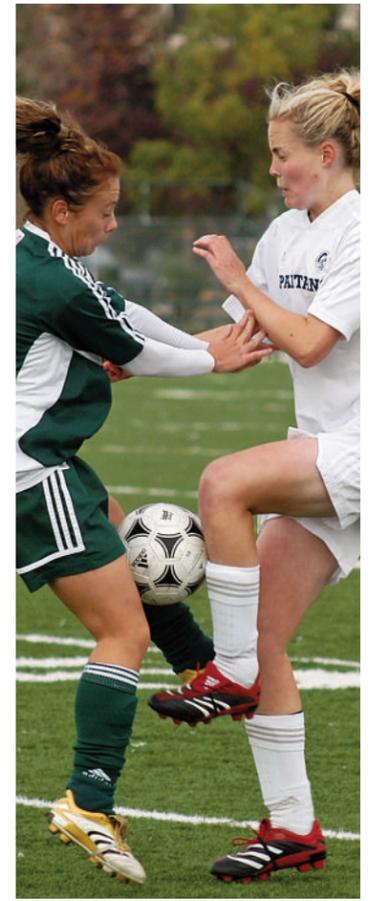
Adds Blachford: "We want to expose our students to a world full of opportunities. We owe it to them."

International programming will expand in May 2007, when the arts and business administration faculties offer a course on international business in Beijing and Shanghai. A second course offered by arts and fine arts will make stops at Beijing, Yunnan province, Xiamen and Shanghai.

To find out about international learning experiences, please visit the web at <http://www.uregina.ca/international/> and <http://www.uregina.ca/isso/index.shtml>



(endnote)



Game plan... Athletics season is in play

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The athletics season is well underway and with 16 varsity sports, there's an exciting University of Regina home event happening almost every weekend during the school year. The basketball, volleyball, and soccer teams play their home games on campus, while the hockey teams play at Sherwood Ice Sports located about 10 minutes east of the University. The Rams football team calls Mosaic Stadium its home.

The U of R has one new coach this season, as Dave Taylor steps in as the new women's basketball head coach. Taylor, a long-time assistant for departed coach Jeff Speedy, inherits a team that went 11-9 last season and finished in third place in the Great Plains Division. Taylor got his first taste of head coaching at the

CIS level on Oct. 4, when the team traveled to Saskatoon for a non-conference game against the University of Saskatchewan Huskies.

The women's soccer team is excited to be hosting the 2006 Canada West playoffs. The top six teams will qualify for the event which will be held Nov. 2-5 on the U of R field across from the Centre for Kinesiology, Health & Sport. Games will be played on Thursday (Nov. 2), Saturday (Nov. 4), and Sunday (Nov. 5). The event will feature the Cougars' first playoff game in the six-year history of the women's soccer program.

To stay on top of the athletics scene, go to <http://prometheus.cc.uregina.ca/cougars/> for schedules and results. Live statistics will be available on the website for selected U of R home events this season.

